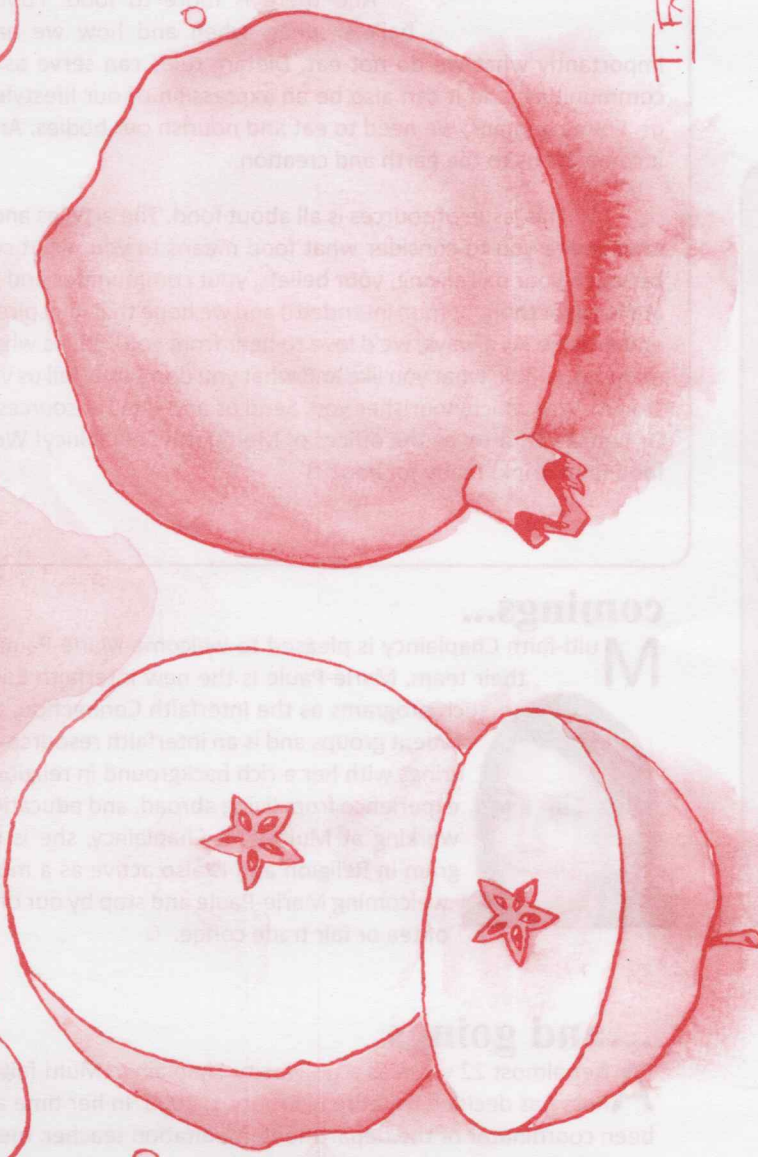


And the fruit
of death, which
is life

Behold
the fruit
of life, which
is death



T. Frew

Sources

a publication of concordia multi-faith chaplaincy





Concordia Multi-faith Chaplaincy

sources...

a publication of
Concordia Multi-faith Chaplaincy

Vol. 2, No. 2
Winter/Spring 2008

Editor:

Rev. Ellie Hummel

Published at Montreal, QC

<http://deanofstudents.concordia.ca/chaplaincy>

Cover art:

Terri Jo Frew

Banner Design:

Katja Philipp

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Services for Muslim Students

Prayer Spaces...

H-716 (SGW) or SC 03-02 (Loyola)

**Friday Prayer - LS (2015 Drummond)
Fourth Floor**

Imam Elmenyawi meets with students,
on the 3rd Friday of each month, after
Friday prayers.

For information contact:

Muslim Student Ass'n at 848-7410 or
msaconcordia@montrealmuslims.ca
<http://msa.concordia.ca/>

editorial

So much of our lives revolves around food. We shape our routines around meals, -breakfast, lunch, dinner and coffee breaks. Most celebrations include some kind of feast, and when we extend hospitality to friends and family members, often our first question is, "What food will I serve?" One of our society's maxims seems to be, "If you feed them, they will come". Certainly here at Multi-faith Chaplaincy, we try to have food at most events, and the proverbial coffee pot is always on!

And there is more to food. Food also expresses our beliefs: what, when and how we eat, and maybe more importantly what we do not eat. Dietary rules can serve as boundaries between communities, and it can also be an expression of our lifestyle. Food also connects us. For as humans, we need to eat and nourish our bodies. And on a broader level, it connects us to the earth and creation.

This issue of sources is all about food. The articles and contributions in this issue invite you to consider what food means to you, what connections you make between your daily living, your beliefs, your communities and your spirituality. They are food for thought (pun intended!) and we hope that it inspires many conversations and articles. As always, we'd love to hear from you! Tell us what you think and what made you think, what you like and what you don't like. Tell us your experiences, your stories, that which nourishes you. Send us an e-mail at sources@alcor.concordia.ca! Or better yet, drop by the offices of Multi-faith Chaplaincy! We'll try and have some food (and drink) ready for you! ☺

Ellie Hummel

comings...

Multi-faith Chaplaincy is pleased to welcome Marie-Paule Martel-Reny as part of their team. Marie-Paule is the new Interfaith Educator and will facilitate such programs as the Interfaith Connection, the liaison with religious student groups and is an interfaith resource on Campus. Marie-Paule brings with her a rich background in religious studies, cross-cultural experience from living abroad, and educational experience. Besides working at Multi-faith Chaplaincy, she is completing a Ph.D. program in Religion and is also active as a musician. Please help us in welcoming Marie-Paule and stop by our offices for a chat and a cup of tea or fair trade coffee. ☺

...and goings.

After almost 22 years as a University Chaplain in Multi-faith Chaplaincy, Daryl Lynn Ross has decided to retire February 1, 2008. In her time as chaplain, Daryl has been coordinator of the department, meditation teacher, mentor and friend. She has offered programs and workshops, meditations and retreats. She created the Peer Support Program and Mother Hubbard's Cupboard, has been part of the Loyola Chapel Community and hosted special events and lectures. An important part of Daryl's vision for the department was to make Concordia Chaplaincy truly multi-faith. Daryl has also met with countless students, offering support, guidance and wisdom. She has built strong networks among students, staff, faculty and external faith communities. We will miss Daryl, are thankful for her work among us and wish her well as she pursues new ventures. Please feel free to drop by her office in January to say good-bye and extend your best wishes! ☺



food for thought

The word "food" is mentioned in the Bible 303 times. Practically every chapter in the Bible has some reference to food and drink. Essential for our survival, food transcends all cultures and all ages. Food is defined in the dictionary as nourishment or sustenance. Food is not only there to support our human existence, to keep us alive. Food always has a cultural and religious dimension.

Even to the gods, offerings are made in order to alleviate their anger or to ask their blessing and to thank them (e.g. the offerings of Abel and Cain).^(Genesis 4) In Saint John's gospel, we see Jesus enjoying food and dialogue with friends probably in order to encourage them to seek things much more spiritual. Another story talks about a wedding at Cana^(John 2) where Jesus changed water into wine

causing the attention of the guests to be focused on him, allowing him to make new connections. In another story, Jesus asked a Samaritan woman for water, and he began a dialogue using the opportunity to initiate a spiritual adventure.^(John 4) Only when we have enough food to feed ourselves and our children, can we begin our search for a greater happiness; can we start our spiritual journey, for *"One does not live by bread alone, but by every word that comes from the mouth of God"*^(Matt. 4.4)

In most cultures, food has a very important social significance. Many students who come to Mother Hubbard's Cupboard on Thursdays come for the environment of relaxation and the exchange of ideas, which fill another great human need. It is the same experience of the Samaritan woman with Jesus, which occurs around a shared meal. Sharing around the table lifts up the spirit. One discovers oneself by listening to others and so learns to appreciate them. Just as the woman left the city to call others to come to see Jesus, in the same way when one discovers a cordial spirit in somebody around a table, one walks away with a favorable impression that can be imparted to others.

In some cultures a prayer is offered before a meal. A prayer of thanksgiving is said either loudly or silently before touching the dish. The thanksgiving is not said only for the one that has prepared the meal, but also for the meal, which will become one with our being. *"Before eating, always take a little time to thank the food".* The thanksgiving becomes the spiritual vehicle connecting the meal and the person. Therefore, we need to be aware of the intimacy which any meal creates.



The preparation of a meal is always subject to rules. It is from there that the rite of cooking comes. The ability to cook a delicious meal to be shared by friends is a privilege. A good cook understands that a meal must not only satisfy hunger, it must also appeal to our senses. The delicious aroma, the beautiful presentation and a sense of welcoming raise the simple act of eating to a higher level.

To share food in the same dish is also a religious rite, especially in cultures where all the family eats from the same dish. One eats and at the same time pays attention to the other person who puts his hand into the dish. One is connected to the other because the food brings them face to face.

Where there is food there should be joy leading to happiness. May we enjoy our food and socialize with others gratefully, remembering all the elements which make us so loved. ☺

* Native American Proverb, Arapaho

Fr. Paul Marie Amegashie, sma

Interfaith Connections Program

A chance to experience with the heart different faiths and spiritualities through weekly gathering and special events. To help plan this term's events or to get involved, contact Marie-Paule Martel-Reny.

The Concordia University Pagan Society (or CUPS),

...a faith-based student-run group focused on promoting all aspects of Neo-Paganism. Planned events include bowling and pub outings; workshops (e.g. trance meditation, the five elements, and divination) and movie nights. Please contact cups@fastmail.ca for more information. Blessed Be!

Roman Catholic Eucharist in The Loyola Chapel:

Sunday 11:00 AM

Mon, Wed & Fri at 12:05 PM

Fr. Paul is at the Loyola office on Tuesday and Wednesday and SGW Annex Z on Thursday. For other times please call for an appointment.

Building Bridges Prison Visit Program

A Thursday evening discussion group once every 3 weeks with inmates of Leclerc Institute
Orientation required!

Next orientation:

January 17th, 2008

6:00 PM. Annex Z, Rm 05

Info: Bernie Glover

Looking for Roman Catholic Students!

We are looking for Roman Catholic Students who would be interested in helping to form a **Catholic Students Association** at Concordia.

If you are interested contact
Fr. Paul Amegashie

Writers' Group Seeks Members

A new writers' group to meet at Chaplaincy is seeking people interested in the magic of storytelling. We will explore the inspiration behind and the process of story writing and come together to share our work in a supportive and constructive environment. No formal writing experience is necessary, only interest and enthusiasm.

Contact Multi-faith Chaplaincy for more information or Leanne at leannetonkin@gmail.com or Katie at katiechowdhury@gmail.com.

SGI Buddhist Club

A movement aiming at peace, culture and education based on the philosophy of Nichiren Buddhism

Morning Gongyo Chanting

Tuesdays from 11 AM to 12:30 PM.

Info: sgi_buddhist_club@yahoo.com

starving the spiritual

I never would have thought it was possible, but a few months ago I heard myself utter the phrase: “I forgot to eat”. Food-lover that I am, it seems counter-intuitive, and yet I sometimes get into cycles wherein I completely overlook this essential part of my day. I drink coffee, make myself something quick to eat, usually full of sugars and starch, and believe myself to be impervious to not having suitable nourishment. I thought I could beat my own system. I have recently noticed that many people are having this fight with themselves — fighting against our own nature, but as a relative of mine pointed out: “We can only work with what we give ourselves”. We cannot expect to ignore certain facets of our being and hope that they take care of themselves.

And yet we ignore them anyway.

So many of us are busy and tired — too busy to take the time to make a proper meal, opting for fast-food and meals-on-the-go, ignoring the havoc it wreaks on us. Too busy to sit and slowly eat with loved ones; we do not enjoy every bite we devour instead. And we are too tired to acknowledge that there is a sense of connection that comes from eating as a group. After all, it is our sustenance, our fuel, and quintessential to our survival. But we are all busy and tired, so we eat alone in front of the television.

In the same way, we are too busy to worry about our spiritual needs, rationalizing it by thinking that not everyone has a spiritual side or that faith is a crutch for the weak-minded. I can understand this feeling, as I was disillusioned by religion at a fairly early age. I was thor-

oughly convinced that I could ignore my spiritual side, make myself busy (and tired) and that everything would take care of itself. It did not. I just felt more and more empty. Drained. And hungry.

Many events led me to a realization: we all need spirituality. We hunger for it. And yet, for whatever reasons, we disregard this aspect of ourselves. We walk around on autopilot and then wonder why we feel so discouraged and aimless. There are things we can

do about this if we only took the time to properly address it. We should apply the same approach to spirituality as to food: by realizing how fundamental it is and making it a means of self-awareness and connection. This can be done in so many ways: prayer and meditation are just two examples. One of the simplest ways I have found of doing this is by taking 10 minutes every day to abide in silence and allow myself that time to simply be. It is through this silence and introspection

that I have gained greater insight into how to lead a life that is full of gratitude and grace.

I believe I will begin by learning to enjoy food again. ♡

Erica Ruth Kelly
Bachelor of Arts 2006
Religion/Philosophy
Currently Independent Student

the act of eating: intimacy with all that is

It may not be better than sex, but eating is a more intimate act! What could be more intimate than taking into your body what the earth produces, and those foods becoming “you”? Well, maybe giving birth is more intimate, but I can’t think of anything else, at least on a physical level. Not only is eating an intimate act in forming our bodies, it also connects us to the origins of the universe and all of human culture and society!



Before you eat a plate of food, or even an apple or a slice of bread, look at it and contemplate, “In this food I can see the whole universe.” Let your mind wander and wonder, and discover how that is true. Consider these ideas: Minerals in the soil essential for growing the vegetation which is the foundation of the food chain were formed billions of years ago in the birth of stars. You can see the sun, rain and wind in your sandwich, the honey bee gathering pollen in

your apple. Hear the turning wheels of the tractor, the digging in of the plough, and the voices of farmers teaching the crafts of farming from generation to generation, going back thousands of years. Listen for the sounds of trains and trucks carrying produce from farms to factories to grocery stores. Consider also the social issues that we find in even the simplest foods: fair prices for farmers, migrant farm workers, use of pesticides, genetic modification, environmental degradation, greenhouse gases, waste of food, hunger in developing countries, fast food packaging, refined foods... The list could fill pages. In eating a bite of food we become intimate with all

that exists.

Eating is also at the heart of human intimacy and community. If, as I suggested above, giving birth to a child is the most intimate act between two humans, breastfeeding is a continuation of that intimacy. While the infant was in the womb, the mother shared her nourishment with him or her. Now she creates food in her body and shares it with her child. There’s also an intimacy that develops for the first time on an inter-personal level between mother and child during breastfeeding. When I was pregnant with each of my sons, I had a sense of relationship with them, even communication, but they were shrouded in mystery, unknowable, the

recipient of my care and the object of my fantasies — with the exception of some wiggling around and vigorous kicks! After their birth, during feeding, even if not breastfeeding, we looked into each other’s eyes and moved into the mystery and intimacy of a love relationship.

And what is better for gathering people together — families, friends and communities — than a meal? We share our joys and sorrows, successes and failures, frustrations and triumphs as we share our food together. Most of us have had the repetitive experience of gathering for Thanksgiving, Passover, Christmas, Eid al-Fetter and other tra-

the act of eating

CONTINUED FROM PAGE 4

ditional meals with our extended families and experiencing (once again) the array of characters and personalities who gather and interact in often predictable ways. Our sense of who we are as part of a collective is forged in these shared meals. Sometimes they are a joy, sometimes they feel like an ordeal, but for all families and communities they are significant.

In Chaplaincy we have a special meal every Thursday at 5:00-7:00, called Mother Hubbard's Cupboard. Friends arrange to meet each other there, and new friendships are also formed when people just sit down together. The food is simple, vegan and delicious, made by our Mo' Hubb's coordinator Terri, with the help of volunteers. The atmosphere of friendship and generosity that is present in the preparation gets stirred into each week's stew, and warms the hearts of those who come. You are welcome to join in on Thursdays at Annex Z!

"In this plate of food I see the whole universe supporting my existence" ◊

-Zen blessing at meals.

Daryl Lynn Ross



Mother Hubbard's coordinator Terri Jo Frew (who also created our cover art) with volunteers Julianne Carle and Nathalie Audant

Common Ground: Christian Students Sharing Faith

Come join us for Twilight Retreats, Supper and Meditation and more!
For a schedule of activities, contact:
Ellie Hummel or
commongroundconcordia@gmail.com
or check the blog at
<http://commongroundconcordia.wordpress.com/>.

food lessons

"Hello?"

"Assalam Alaykum Seyyeda"

"Ah Siddi! Wa-alaykum salaam."

"Guess what?"

"What?"

"I'm coming to Canada! I'm coming to see you!"

"REALLY?"

"Yes, in October."

My heart started pounding....what will I FEED him?

Funny how it didn't matter that my spiritual teacher was going to be in my close, physical presence for 3 days, and that there seemed to be so much more to worry about! All that mattered in that moment was which food would pass his lips that came from my hands. My years of training in Ayurvedic nutrition completely fell out of my head, as I thought, what does one feed a Sufi Sheikh?

The sheikh's pending visit seemed to throw me into a panic and my mindfulness was going out the window! I had almost 2 months to prepare, so I relaxed. But things didn't happen that way. It wasn't until 10 days before his visit, after a few cancellations and re-bookings of his itinerary, that he confirmed he was definitely coming and I did in fact need to feed him! And to add to that fact, I would be feeding him in Toronto, at a friend's home rather than out of my *own* kitchen, and I find that using someone else's

kitchen is a lot like borrowing someone else's car.

In Ayurvedic cooking, one of the first things you learn is about bringing mindfulness to all aspects of food. First you learn to be mindful of *when* you eat and *what* you eat, then *how* you eat, and *where* you eat, to ultimately transferring all these principles to food preparation and cooking. The idea is to bring that one-pointed mindfulness you learn in meditation into your everyday

life and make life a meditation. Not only does this have a benefit on your meditation practice, but also on your health and well-being. If you are mindful and aware, you quickly notice that you are eating that second bag of potato chips due to that pending exam, not because you're hungry for more salt and fat! So, I've found in my own kitchen I tend to work in a way that creates that 'zone' of mindfulness, including setting an atmosphere that is conducive to a sacred activity. Now I realized my nice, well-worn Ayurvedic 'car' was just not available, even though I really wanted it more for this journey than any other!

As the visit drew closer, I realized there was no way I could do this all myself, and I needed to delegate some responsibility. Letting go of all my entrenched principles of what cultivates mindful food preparation, I decided to trust that whomever I asked to help would put their heart into it; not only is it mindfulness, but intention, that creates beautiful food.

Luckily, one of my closest friends lives in Toronto, and her kitchen is like a sister to mine. She was the first one I called, and knowing how important it was to me, offered the use of the kitchen before I could ask. We were

prasad poem

On the floor of any Hindu temple
Lies scattered prasad,
The food offerings to the Gods.
After the humans have said their prayers,
And eaten the blessed rice, fruit, or sweets,
Whatever remains is fair game
For the lesser beings.
So, the pigeons peck,
And the flies forage,
And the ants carry off twice their weight,
While the mice scurry off with rice
In the brief moment that a priest turns away.

K. Gandhar Chakravarty
MA in Theological Studies 2007

all set and ready to prepare, but we still didn't know what time he would arrive.

I called the sheikh one last time, hoping to garner a little more information. After an exchange of niceties I got to the point.

"I'm organizing the meal for when you come on Saturday, is there anything you would like?"

"Whatever you decide is fine with me."

Sigh. So much for getting some clues or clarity.

Hmmm. I thought about clarity of intention and conviction of action. Intention from the heart and confidence in my action was what I needed for this dinner!

I called my friends and started to delegate. I confirmed all the arrangements for the Toronto kitchen and enlisted more help.

On 'the' day I hunted all over Toronto on a rainy day for what I needed – the most important being organic roses, as they needed to be edible. I finally found them but by the time I reached the kitchen I was two hours behind! ARGH! I started to panic and second-guess myself. Where was my mindfulness now? My friend called to check in on me. Just hearing her voice was enough to calm me down and focus me on baking the cake. Yes, I'd chosen a scrumptious confection of Persian flavours that I knew he would enjoy. It would be the centerpiece around which we would serve *mezze* from different corners of the silk route. The time the recipe estimated was totally off, and an hour later I was still making candied rose petals. So I did what I could and when my friend came home we cleaned up and called it a night. I turned around to move the night's work - two fluffy gazillion-eggwhite cakes - to see they had decided they were too fluffy! My heart sank. It was way too late to try again. I went to sleep that night with no mindfulness at all! My mind was bouncing all over how I would carry all my other responsibilities and save two cakes from fatal falling!

I awoke the next day without an ounce of mindfulness. I immediately thought

about how I could fix that darn cake. My gracious friend started making some of the other things I didn't have time for. I got to work trying to fix things. I decided not to re-make them- despite the cakes' smaller appearance they would be happy as a cake. So, I thought I was in the clear. And, of course, I got another lesson it had been raining, and the candied rose petals from yesterday were still gooey with sugary egg white, because it was so damp! So I flipped on the oven, neglecting to look at the temperature and popped the whole hour's work into the oven. Busy with the rest of the preparations, I totally forgot them.

Too late, I whipped the petals from the oven to find a big sticky mess. After a good round of scraping and crying I salvaged a quarter of them. I'm not one to sulk, but here I was pouting and sulking while trying to salvage this magnificent cake I'd envisioned. Then, a little miracle happened. I got to the last part, the saffron whipped cream topping. Like magic it whipped up into this beautiful pale golden goodness, and we all licked the beaters like kids! It was enough to shift our moods back to a joyous one as I tentatively put the cake together. As I spread the raspberry preserve on the bottom layer, I shifted my intention, and clarified my conviction. The result was lots of 'oohs' and 'ahhs' as we admired the finished perfection. We drove everything over to the dinner house and went off to finish our other responsibilities for the day.

That evening as we headed back to the house for the meal, I found myself getting nervous. As we rode silently in the car, the sheikh started talking about food. He spoke of how there are many things we can learn from beautiful ceremonies like the Japanese tea ceremony. That the simplicity of the perfection in the movements in these rituals, and the awareness of the actions creates something sacred. He also mentioned how food has a completely different quality when it has the intention of love and devotion put into it.

He walked into the room, and everything was set just 'so'.

"ma'ashallah everything looks beautiful."

"the cake is gorgeous...
...usually I don't eat these things..."

My heart sank!

"...But because you've made it, I will have some."

He smiled knowingly at me, and I knew he had done it on purpose! One last lesson before the crescendo! Or so I thought....he still had one more for me.

"What kind of cake is it? What is it called?"

I blushed, realizing the name would reveal to the company present my deep affections for him, this mysterious teacher of mine who guides me along uncharted territory. I hesitated, and laughingly said "Hmm...well, I don't know if I should tell you."

Now everyone looked at me expectantly!

"It's called a Persian Love Cake," I shyly said while blushing and looking at his feet.

"Oh HO! Well I don't know if I should have any of this then!"

Everyone laughed, and I relaxed, realizing that until this moment I was still nervous about my handiwork passing the test of his scrutiny. Of course, he enjoyed it and of course, it was good! How could it not be?

Letting go of all control and staying grounded in the moment was ultimately the biggest lesson of this experience. From the initial phone call to the crowning moment, I had been forced to repeatedly let go of my own attachments to how things *should* go when serving one's spiritual teacher, and accept the way things wanted to go. I shall never forget his glowing face, the delightful banter and the smile and the wink that came with the first mouthful of cake. ☺

Diane Fereig
MA Student in Religion

Hillel

Hillel House, Jewish Student Centre is located at 3460 Stanley. Contact us for info about our Fall programs.

www.hillel.ca
514-845-9171

Mother Hubbard's Cupboard

A Vegan Meal for just \$2
Served with great community
and conversation!

**Every Thursday from
5 PM – 7 PM**

Annex Z (2090 Mackay)

Starting January 10, 2008.

For more information or to help
out, contact: Terri at
mohubbs@alcor.concordia.ca
or Ellie Hummel.

You can also check out Mother
Hubbard's info and blog at:
<http://mohubbs.wordpress.com>

See you at Mo Hubbs!

Spring Retreat at the Oka Monastery

March 7-9, 2008

**An opportunity to rest, reflect,
renew in the quiet of a
Cistercian monastery
Cost: \$75 for students;
\$95 for all others.**

For information or registration:
Paul Amegashie

Sikh Student Association

Contact Manjit Singh if you
are interested in attending
meetings with this group.

Used Book Sale

Come and browse!

Come and buy!

Come and help!

The Used Book Sale takes place on
Monday and Tuesday,
January 21-22, 2008
in the LB Atrium!
Proceeds go to the
Student Emergency Food Fund
and scholarships.

To help with set-up (on Sunday, Jan.
20), sale (Jan 21, 22) and take-down
(January 23), contact Tracey Fisher.

Volunteer Experience

Learn about yourself by reaching
out to others!

Contact Ellie Hummel to find out
about various volunteer
opportunities on and off campus!

Chabad House

We are pleased to host Chabad Bistro
— a vegetarian restaurant with student
prices — open Monday-Friday 11am-
4pm. Come join us for Shabbat and
Holiday prayers and meals, Hebrew
lessons, Kabbalah, Talmud and more.
Chabad House is located at 3429 Peel
St.

www.chabadhouse.org

Peer Support Program

Students Helping Students

A drop-in centre for listening, referral
and information
run by (trained) students for students.

Free and confidential for
Concordia Students!
Monday–Thursday
11 AM – 5 PM

SGW, Annex Z (2090 Mackay), Room 03

Info: (514) 848-2424 x 2859

GOD'S WORD - FOOD, FELLOWSHIP AND FUN

Come join

*Concordia Christian fellowship every
Friday evening at 2090 MacKay - from
5-7 PM as we spend some time in
Bible study and then share a light
meal together...*

Email: concordiacf@gmail.com

Weekly Insight Meditation Practice

*Instruction, Silent Sitting,
Teachings on Wisdom and
Compassion,
Guided Meditations*

SGW: Wednesdays,
Annex Z (2090 Mackay), room. 05
5:00-6:30 PM

Instructions & practice

These sessions begin

January 16th, 2008.

Also:

There will be a day-long meditation
retreat on January 27th,
From 9:30 AM to 2:00 PM at Annex Z
Contact: Daryl Ross

The Art of Living Club

"To live life fully and freely is an art,
requiring skill, intuition, creativity, and
knowledge."

Come join us every Tuesday at 5 PM
2090 Mackay St, Room Z05

Contact: Call 514 690 1424 or
email artoflivingconcordia@gmail.com
<http://aol.concordia.ca/~aolconc/>

Zen Meditation

Every Thursday Annex Z, Room 05
Instruction at 11:45 AM
Sitting from 12:00-1:00 PM

Starting **January 17th**,
Contact Myōkyō for more
information.

No Name Stories:

**Exploring the (lesser known)
Stories of Women in the
Christian Bible**

A discussion group on
Thursdays at 1 – 2:30 PM, Annex Z
starting January 17, 2008
For more info, contact Ellie Hummel.

spiritual and religious student groups

Art of Living (non-denominational spiritual group)

Spiritual Awareness Fellowship (non-denominational spiritual group)

Chabad (Jewish)

Hillel (Jewish)

Student Christian Movement

Concordia Christian Fellowship

Concordia University Pagan Society

The Vedic Culture Society of Concordia

Muslim Student Association

Student Association for Muslim Awareness

The SGI (Soka Gakkai International) Buddhist Student Club

If you would like to get in touch with any of
these student groups, contact
Marie-Paule Martel-Reny

our in-house team



Ellie Hummel (Rev.)
Ecumenical Chaplain
Chaplaincy Coordinator
Offices: S-Z-102/ L-AD 130-3
Phone ext: 3590
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Loyola Office: L-AD 130-2
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Paul.Amegashie@concordia.ca



Daryl Lynn Ross
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Unitarian
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Myōkyō Judith McLean
514-842-3648
czenmain@dsuper.net

Baha'i Contact:
Ilona Weinstein
(514) 485-9543
ilonaweinstein@sympatico.ca

would you like to come visit?

You will always find a warm welcome at Multi-faith Chaplaincy!

sgw: annex z (2090 mackay)

loyola: administration building l-ad 130

if you would like to call ahead..... dial 514- 848-2424 and enter the desired extension at the prompt.